

Before and After Your Walk Thru History!

By Linda Morzillo

Plans are in motion for the Biennial AVA Convention to be held June 9 – 16, 2019! The Empire State Capital Volkssporters welcomed Henry Rosales, AVA Executive Director, and David Bonewitz, AVA President, to Albany for a planning session in mid-July. Specific details of the Convention will be shared via upcoming issues of TAW and on the future Convention Website.

Did you know that the ten clubs of the Northeast region proudly offer over 110 YRE/SE events during 2017 in places noted for wonderful walking and biking? We plan to continue these events! Therefore, besides participating in the great walks sanctioned specifically for the convention, we sincerely hope you will extend your visit (for several weeks or months??), both before and after June 9-16, 2019, to enjoy all that the Northeast offers. There are so many outstanding scenic, cultural and historic walks! When planning walks, all POCs keep in mind that the goal is to show visitors the special sights that make their walks unique. Indeed, these are unique places in a unique section of the United States. Look for interesting descriptions of YRE/SE walks that may be submitted by individual NE clubs in *TAW*. For example, you may read this about Two Towns' walk in Ipswich MA: "Ipswich was originally known as Agawam by the Wampanoag people....It claims to be the first place in America to raise the cry against taxation without representation."

You can Volkswalk on and near mountains, by the ocean next to lighthouses, around historic sites pertaining to the American Revolution and many other periods of history, along canals, through quaint and classic towns, on ivied college campuses, in famous cities, large, medium and small (many have been revitalized since the apex of their manufacturing eras). In addition, you can enjoy bike events along Recreation Trails in Massachusetts and along the Farmington Canal Heritage Trail in Connecticut. Several walks highlight or are near National Park Service units: parks, monuments, seashores, memorials, historic sites, historical parks, scenic trails and scenic rivers. History buffs will appreciate the numerous sites noted on the National Register of Historic Places.

Walkers who are filling their 50 States and/or 51 Capitals books will be able to complete seven states and/or seven capitals located not-too-far from each other. The two that are furthest from each other, Albany NY and Augusta ME, are about 326 miles apart and would take about 6 hours in a direct drive. For those with the goal of walking in all 51 capitals, it is possible to plan a circular route, for example: Albany NY – Hartford CT – Providence RI – Boston MA – Augusta ME – Concord NH – Montpelier VT with a return to Albany.

If you are completing Special Programs books, be sure to bring them! There are opportunities to acquire stamps for some of the more challenging programs. Books can be stamped for these programs in June 2019: Border Crossings (note: The Twin State Volkssport Association has *three* walks for this program), Bridges – Spanning the USA, Ice Cream Parlors, Lady Liberty, Make a Wish at a Water Fountain, National Parks Centennial, Points of Reference, State Street Sashay, Take a Walk in a City Park, Treasure Hunt, Underground Railroad, United States Post

Offices and Walk the USA Street by Street. In addition, many stamps can be added to the undated Walking the USA A-Z.

Two newly announced programs, Walk Like an Olympian and The Appalachian Trail will also be valid during June 2019. The Empire State Capital Volkssporters hosts a beautiful seasonal walk in Lake Placid NY, the site of both the 1932 and 1980 Olympics. The walk route passes the arena where, in 1980, Eric Heiden won five gold medals in speedskating and the USA Hockey team played the “Miracle on Ice;” the memorable contest when the USA team won the exciting game with the USSR. Two days later, the USA won the game with Finland to win the gold medal! On the way to the start point at the Lake Placid Visitor Bureau, walkers will pass by the Olympic ski jumps and the Mt Van Hoevenberg Olympic Bobsled Run Complex.

Clubs are planning walk routes to incorporate at least 4 km of the Appalachian Trail located in six states of our NE region. Look for new Special Programs that will be announced to start on January 1, 2019.

It’s fun to read books in preparation for upcoming experiences. The following two websites offer excellent suggestions of New England reading material: fiction - classical, contemporary and historical, children’s books and nonfiction books including history. The lists are similar and there are other books that go unmentioned such as *Boston Girl* by Anita Diamant and *Couples*, by John Updike, which takes place in Tarbox, the fictional town modeled after Ipswich, MA.

librarything.com/bookaward/100+Essential+New+England+Books

archive.boston.com/globe/bestofnewengland/books/

Upstate New York has a culture and mindset of its own. Check these websites for suggestions:

goodreads.com/places/5078-upstate-new-york

goodreads.com/shelf/show/upstate-ny

goodreads.com/shelf/show/adirondacks

goodreads.com/list/show/73295.Hudson_River_Valley_Books

More convention information and reading suggestions will be included in future TAW articles!